

MENU

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Multi-grain Bagel with Low-Fat Cream Cheese	Whole wheat waffles with powdered sugar and berries	Toast with Butter and Jelly	Overnight Oats with Toppings	Cereal and Bananas
LUNCH	Cheese Pizza Tossed Salad Diced Apples	Chicken and Cheese soft Tacos Black Bean Applesauce	Chicken nuggets Mashed potatoes Peaches	Macaroni with meat sauce Tossed Salad Pineapples	Fish Sticks Mashed potatoes Oranges
AFTERNOON SNACK	Pretzel Thins	Crackers with Hummus	Yogurt & Honey Graham Squares	Whole Wheat Crackers Cheddar cheese	Whole Wheat Goldfish

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Cereal Bars	Vanilla Yogurt	Toast & Jelly	Biscuit with Sausage	Cinnamon Toast
LUNCH	Chicken with Broccoli and Rice Pineapple	Turkey and Cheese Wraps Chips Peaches	Corndogs Corn Applesauce	Macaroni and Cheese, Green Beans Mandarin Oranges	Chicken Taquitos Spanish Rice Pears
AFTERNOON SNACK	Cheese Sticks with Whole Wheat Crackers	Trail Mix	Graham Crackers with Vanilla pudding	Veggie Straws	Pirate Booty Popcorn

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Whole Grain Bagel with Cream Cheese	Cereal Bananas	Whole Wheat Cheese Toast	Pancakes Applesauce	French Toast Sticks Berries
LUNCH	Fish Sticks Corn Mixed Fruit	Cheese Pizza Tossed Salad Mixed Veggies (Rm. 1-4) Applesauce	Steak Fingers Mashed Potatoes Pears	Chicken Pasta Tossed Salad Pineapples	Cheese Quesadilla Black Beans Corn
AFTERNOON SNACK	Chex Mix	Cheezy-Its	Fig Bars	Saltines & Sun-butter	Tiger Bites

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Whole Grain English Muffin with butter	Sausage & Biscuits	Cereal	Blueberry Muffins	Cereal Bar
LUNCH	Chicken & Cheese Broccoli Rice Pineapple	Chicken Pasta Sweet Peas Carrots Mandarin Oranges	Chicken Soft Tacos Pinto Beans Mixed Fruit	Chicken Sandwich Black Beans Peaches	Ravioli Tossed Salad Applesauce
AFTERNOON SNACK	Animal Crackers	Goldfish	Whole Wheat Crackers	Nilla Wafers	Cheese Balls

WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Pigs In a Blanket	Cereal Bananas	Yogurt	Oatmeal Bars	French Toast Sticks
LUNCH	Cheese Pizza Broccoli Mixed Fruit	Mac & Cheese Green Beans Mandarin Oranges	Turkey Cheese Wraps Fries Pineapple	Mini Corn dogs Baked Beans Applesauce	Fish Sticks Pinto Beans Peaches
AFTERNOON SNACK	Pretzel Thins	Tiger Bites	Goldfish	Cheese and Crackers	Fig bars